

Sausage and Veggie Skillet (Grain-Free/Dairy-Free)

PREP 5 MINS | COOK TIME: 20 MINS | SERVES: 4-5

INGREDIENTS

- 1 package Gilbert's chicken sausage
- 2 bell peppers
- 1/2 large onion
- 1 large zucchini
- 2 avocados
- 2 tbsp cilantro or herb of your choice
- 1 package Banza rice or 2 cups riced cauliflower
- 1-2 tbsp olive oil

INSTRUCTIONS

- 1) First, prepare your rice according to your package instructions or cook up some cauliflower rice, whichever you prefer! Set the rice aside.
- 2) Chop your veggies that you would like to use and slice up the chicken sausage.
- 3) In a skillet, heat a tbsp of olive oil, then add in the onion and bell pepper and cook for 8-10 minutes.
- 4) Once those veggies start to have a sear on them and have begun to soften, then add in the zucchini. Cook for about 3-4 minutes until the zucchini begins to have a sear on it.
- 5) Then, add in the chicken sausage and cook until heated and cooked through and has browned slightly.
- 6) Chop or slice your preferred toppings.
- 7) Spoon the rice into a bowl, along with the sausage and veggies mix, then top as you desire. Enjoy!